

ACT



ACT (*Assess, Consider, Talk*) to help determine how your future will look. Completing the following exercises could help prepare you for the kind of future you desire.

Assess

How important will relationships be to you as you grow older? What kind of support network do you envision in your senior years?

Describe your innermost circle of family and friends. Who would you want around you to provide social support as you age? Name these people and the role you expect them to play in your life.

Identify who you would go to for help with tasks that you could no longer accomplish? What role would you expect them to play in your life?

Are romantic relationships important to you as you grow older? Why or why not?
